

# Teacher's Guide for the New English Curriculum Ninth Grade

Unit 1 Time to Have Fun! 2019

## Let's Work Out

**Friend 1:** Hi there! Have you ever tried yoga before?

**Friend 2:** Hello! I have, I do yoga once a week. There's a class on Tuesdays at the gym.

**Friend 1:** I have always wanted to try yoga.

**Friend 2:** You should come to the class with me!

**Friend 1:** Maybe I will, I have to check my schedule first. On Tuesdays, I usually go to a pilates class in the evenings.

**Friend 2:** Oh, that sounds fun! I haven't done pilates before, is it difficult?

**Friend 1:** It might be difficult at first, but it is a lot of fun! We sweat a lot in the class.

**Friend 2:** I bet! But if you have been going to the class for a while, I am sure it is easier for you.

**Friend 1:** It has become easier with time, definitely; however, it's still a challenge!

**Friend 2:** What other types of exercise do you like to do?

**Friend 1:** In addition to pilates, I go walking every morning, I go to a spinning class every Monday and Thursday, and sometimes I go hiking.

**Friend 2:** Wow, you're very active!

**Friend 1:** I really enjoy physical activity. I have been trying to incorporate more exercise in my routine.

**Friend 2:** We should go hiking together at some point!

**Friend 1:** I agree, maybe some weekend when we are both free!